

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-9. (Canceled).

10. (Currently Amended) A method of facilitating the synchronization of circadian rhythm in humans, especially ~~of by~~ treating or preventing jet lag which comprises administering to an adult person in need of such treatment ~~or prevention~~ from about 10 IU to about 1000 IU of Vitamin E per day, optionally in combination with an agent known to synchronize the circadian rhythm.

11. (Original) A method as in claim 10 wherein vitamin E is administered 1 week before and 4 days after day-night change occurrence.

12. (Previously Presented) A method as in claim 10 wherein melatonin is administered simultaneously.

13. (Original) A method as in claim 12 wherein 5 mg of melatonin are administered per day.